

Week One

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Peaches	Warm Cinnamon Apples	Pineapple	Bananas	Mixed Fruit
	Grain	Cheerios	Waffles w Syrup	Hash Browns	Banana Bread Oatmeal	Biscuits & Gravy
Snack	Choose 2 different food groups	Graham Crackers	Chips and Salsa	Pretzels ½ cheese stick	Apples w Carmel	Banana Cream Pudding 'Nilla Wafers
		Milk	Water	Water	Milk	Water
Lunch	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Tomato Sauce	Pineapple	Green Beans	Pears	Mandarin Oranges
	Vegetable	Lettuce Salad/Peas	Stewed Tomatoes	Mashed Potatoes	Vegetable Soup	Mashed Potatoes
	Bread or Bread Alt.	Spaghetti	Taco Shells	½ slice bread	Whole Grain Bread	(Breading)
	Meat or Meat Alt.	Shredded Cheese	Beef	Turkey Meatballs	Ham & Cheese Melts	Chicken Nuggets

Week Two

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Applesauce	Peaches	Bananas	Bananas	Pears
	Grain	Cinnamon Toast Crunch	French Toast Sticks	Blueberry Muffins	Pancakes w Syrup	Apple Cinnamon Oatmeal
Snack	Choose 2 different food groups	Fig Bar	Wheat Thins ½ cheese stick	Animal Crackers	Cornbread Muffins	Veggie Straws
		Milk	Water	Milk	Milk	Milk
Lunch	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Peaches	Cinnamon Apples	Pears	Pineapple	Mixed Fruit
	Vegetable	Cauliflower	Mashed Potatoes	Green Beans	Black Beans	Broccoli
	Bread or Bread Alt.	Raman Noodles	½ slice bread	Noodles	Quesadilla	Macaroni
	Meat or Meat Alt.	Sausage	Chicken Legs	Chili Mac	Cheese	Cheese

Week Three

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Peaches	Bananas	Mandarin Oranges	Bananas	Mixed Fruit
	Grain	Cheerios	Cinnamon Toast	Biscuits & Jelly	Cinnamon Toast Crunch	Cheese & Egg Breakfast Quesadilla
Snack	Choose 2 different food groups	'Nilla Wafers	Cheese Slices Saltines	Humus Chips	Pumpkin Bread	Goldfish Crackers
		Milk	Water	Water	Milk	Milk
Lunch	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Pears	Apple Slices	Pineapple	Pears	Green Beans
	Vegetable	Lettuce Salad / Peas	French Fries	Stewed Tomatoes	Peas	Mashed Potatoes
	Bread or Bread Alt.	Pizza Crust	Whole Wheat Buns	Taco Shells	(Pasta Wrapper)	(Breading)
	Meat or Meat Alt.	Cheese	Hamburger	Chicken	Ravioli	Fish Sticks

Week Four

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Pears	Applesauce	Bananas	Peaches	Bananas
	Grain	Cinnamon Toast Crunch	Hash Browns	Banana Bread Oatmeal	French Toast Sticks	Pumpkin Muffins
Snack	Choose 2 different food groups	Cheese Slices Saltines	Banana Muffins	Pretzels ½ cheese stick	Pumpkin Humus Graham Crackers	Graham Crackers
		Water	Milk	Water	Water	Milk
Lunch	Milk	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	Green Beans	Mandarin Oranges	Applesauce	Pineapple	Pears
	Vegetable	Mashed Potatoes	Broccoli	Mashed Potatoes	Broccoli	Tomato Soup
	Bread or Bread Alt.	(Breading)	Penne Noodles with Alfredo	½ slice bread	Macaroni	Whole Grain Bread
	Meat or Meat Alt.	Chicken Nuggets	Chicken	Turkey Meatballs	Cheese	Grilled Cheese